

SPECIAL NUTRIENT NEEDS DURING PREGNANCY

EXTRA CALCIUM IS NEEDED FOR YOUR BABY'S DEVELOPING BONES AND TEETH.

TRY TO HAVE 2 EXTRA SERVINGS OF A HIGH CALCIUM FOOD EVERY DAY.

BEST CHOICES FOR CALCIUM FOODS COME FROM MILK AND CHEESE FOODS LIKE: MILK - BUTTERMILK

NON-FAT DRY MILK

LOW-FAT

SKIM

2%

WHOLE

YOGURT

CHEESE

COTTAGE CHEESE

ICE CREAM

ALL THESE FOODS HAVE ABOUT THE SAME AMOUNT OF CALCIUM BUT NOT THE SAME AMOUNT OF CALORIES.

THESE FOODS CONTAIN CALCIUM TOO:

DRIED BEANS AND PEAS

BROCCOLI

CANNED SARDINES, MACKEREL

OR SALMON WITH BONES

TOFU

SPINACH

GREENS

PROTEIN

PROTEIN PROVIDES THE BUILDING BLOCKS FOR YOUR BABY.

CHOOSE AT LEAST 1 EXTRA SERVING OF MEAT, POULTRY, FISH OR EGGS OR DRIED BEANS AND PEAS EVERY DAY.

CALCIUM

SPECIAL NUTRIENT NEEDS DURING PREGNANCY

IRON

IRON HELPS TO FORM HEALTHY BLOOD. IT HELPS TO CARRY OXYGEN TO YOUR TISSUES AND TO YOUR BABY, WHICH IMPROVES YOUR CHANCES OF HAVING A HEALTHIER BABY.

FOODS HIGH IN IRON

LIVER

WATERMELON

BEEF

RAISINS

PORK

PRUNES

DRIED BEANS

DRIED APRICOTS

CHICKEN

OYSTERS

NUTS

SPINACH

PEAS

WHOLE WHEAT BREAD

GREENS

ENRICHED BREAD,
RICE & MACARONI

SUNFLOWER, PUMPKIN,
& SQUASH SEEDS

SPECIAL NUTRIENT NEEDS DURING PREGNANCY

FOLIC ACID

FOLIC ACID IS A B VITAMIN. IT IS IMPORTANT FOR HEALTHY BLOOD. DURING PREGNANCY YOU NEED TWICE AS MUCH FOLIC ACID AS A WOMAN WHO IS NOT PREGNANT.

FOODS HIGH IN FOLIC ACID

LIVER	SOYBEANS	ORANGE JUICE
PEANUTS	SUNFLOWER SEEDS	WHEAT GERM
ASPARAGUS	LIMA BEANS	GREENS
BROCCOLI	BEETS	CORN
SPINACH	BRUSSEL SPROUTS	
WHOLE WHEAT BREAD	PEAS	
POTATOES		

USE FRESH OR FROZEN VEGETABLES. CANNED VEGETABLES DO NOT CONTAIN MUCH FOLIC ACID.